

PORTFOLIO**Analysis of a Sport, Sport Skill, Anatomy, Biomechanics, Injury, Injury Prevention**

Due Date: TWO COPIES (1 electronic i.e. USB) are due on Tuesday December 20th, 2016

Portfolio Presentation PSK 4U

Present one letter from each of the five sections of the portfolio

Diagrams and Video

Clear Outline for Instruction i.e. length of time 12-15 min

Clarity of Class Presentation

**Nt: Any photocopying or overheads that are needed I must have 1 day in advance
19 students**

- | | |
|----------------------|---|
| 1) Tuesday Jan 10 | Kaylin, Dana, Mackenzie |
| 2) Wednesday Jan 11 | Snow Day |
| 3) Thursday Jan 12 | Joe, Frankie, Zoe |
| 4) Friday Jan 13 | Lindsay, James, Amanda |
| 5) Monday Jan 16 | Kate, Brandon, Justin |
| 5) Tuesday Jan 17 | Snow Day - Matt, Abigail, Alex, , Hannah, Jessica, Eric |
| 6) Wednesday Jan 18 | Rebecca, Zach, Morgan, <i>Kate(pl)</i> |
| 7) Thursday Jan 19 | George, Clara, - Cul Per 1 Culminating |
| 8) Friday Jan 20 | Max, Eloise & Sam-Cul Per 2 Culminating |
| 9) Monday Jan 23 | Cul Per 3 Culminating |
| 10) Tuesday Jan 24 | Cul Per 4 Culminating |
| 11) Wednesday Jan 25 | Regular Class |

Jan 4-12:21 PM

Choose a sport to research and choose a common Chronic Injury for this sport and the repeated action which causes it.

1. History and Societal Factors**a) History/Description of the sport**

Give a brief history/description of the sport. Include: country of origin, year, involvement in the Olympics, professional, amateur, recreational opportunities, type of equipment, types of fitness which are challenged by the sport, changes to the sport rules or equipment due to safety and injury prevention

b) Factors affecting participation

Describe the socio-economic, gender and cultural factors affecting participation in this sport. Explain the costs involved in participation in this sport, does this have an effect on the types of participants, where globally the sport is played or most popular

c) Sport involvement

List and explain who is most likely to get involved in this sport. Consider gender, age group, culture, economic class. Infer a reason for this broad or narrow group

Portfolio
Analysis of a Sport, Sport Skill, Anatomy, Injury, Injury Prevention

2. Motor Learning and Development**d) Motor Learning**

Focusing on the action you have chosen which causes the injury. Apply your knowledge of phases of the skill to describe the entire action (example: golf swing - preliminary movement, backswing and recovery, force production, critical instant, follow through, recovery)

e) Repeated motion

Explain where in the skill phase, and how, the overload or repeated motion leads to the injury.

3. Anatomy and Physiology**f) Chronic injury**

Identify the common *chronic* injury you have chosen for this sport. Using your knowledge of correct anatomical terminology, describe this action causing the injury. Which tissue is specifically damaged due to the repeated action. Consider joint function and possible muscle pair imbalances.

g) Anatomy

Describe the bones, muscles and joints involved in each of the (motor learning) phases. Using correct anatomical terminology, describe the muscles and their actions, as well as the types of contractions (eccentric/concentric/static) taking place in each of the phases.

4. Biomechanics**h) Biomechanical Principles**

Using biomechanical principles, describe the actions involved in the mechanism of injury. Consider and apply Newton's laws of motion, levers, velocity, acceleration, stability of the joint, and force-movement relationship, etc.

5. Rehabilitation and Injury Prevention**i) Injury, Rehabilitation, and Healing**

Describe the injury in terms of tissue, degrees of damage, healing time, rehabilitation recommendations

j) Injury Prevention through Exercise Prescription

Using your knowledge of exercise prescription and its components, prescribe sport-specific stretches and exercises to prevent the injury, include components such as concentric, eccentric, static, isotonic, isokinetic, speed of movement, balance of muscle pairs, frequency and intensity. For each component you include, explain your decisions.

Dec 3-7:48 AM

Lunch Schedule - Presentations

- | | |
|---------------------|-----------------------|
| 1) Tuesday Jan 10 | |
| 2) Wednesday Jan 11 | |
| 3) Thursday Jan 12 | Kim, Amber |
| 4) Friday Jan 13 | Kaylee |
| 5) Monday Jan 16 | |
| 5) Tuesday Jan 17 | |
| 6) Wednesday Jan 18 | Josh, Madeleine, |
| 7) Thursday Jan 19 | Cul Per 1 Culminating |
| 8) Friday Jan 20 | Cul Per 2 Culminating |
| 9) Monday Jan 23 | Cul Per 3 Culminating |
| 10) Tuesday Jan 24 | Cul Per 4 Culminating |

Dec 12-10:07 AM

Dec 20-1:12 PM